



Master Cycle

FEBRUARY 2018



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29th BBS2 L14 lapel chokes	30th BBS2 L15 knee on stomach 7.45PM (Combatives) REFLEX DEVELOPMENT	31st 7.15pm Competition Class (Doors open at 7.12pm)	1st FEBRUARY 90 MINUTES ROLLING NO GI	2nd BBS2 L17 lapel choke counters GI	3rd FREE MC class 10:30 BBS1 Drill 1 practice GI
5th BBS2 L18 hazel counters NO GI	6th BBS2 L20 standing knee split NO GI	7th 7.15pm Competition Class (Doors open at 7.12pm)	8th BBS2 L22 butterfly guard NO GI 7PM MC FIGHT SIM	9th BBS2 L19 open guard connections GI	10th FREE MC class 10:30 BBS1 Drill 1 practice GI
12th BBS2 L24 triangle choke 8PM GI REFLEX DEVELOPMENT	13th BBS2 L26 omoplata NO GI	14th 7.15pm Competition Class (Doors open at 7.12pm)	15th BBS2 L27 triangle mastery NO GI	16th BBS2 L21 same side control GI	17th FREE MC class 10:30 BBS1 Drill 1 practice GI
19th BBS2 L28 sit up sweep NO GI	20th BBS2 L31 basic sweep chain NO GI	21st 7.15pm Competition Class (Doors open at 7.12pm)	22nd BBS2 L33 tripod pass extra NO GI 7PM MC FIGHT SIM	23rd BBS2 L23 spider guard GI	24th FREE MC class 10:30 BBS1 Drill 1 practice GI FREE WOMEN EMPOWERED SEMINAR 1pm-3.30pm
26th BBS2 L29 overhead sweep NO GI	27th BBS2 L34 reverse half guard NO GI 7.45PM (Combatives) REFLEX DEVELOPMENT	28th 7.15pm Competition Class (Doors open at 7.12pm)	1st MARCH 90 MINUTES ROLLING NO GI	2nd BBS2 L25 lapel choke GI	3rd FREE MC class 10:30 BBS1 Drill 1 practice GI

Master Cycle Weekly Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MC Technique 7:15pm - 8pm	MC Technique 6:15pm - 7pm	Competition Class 7:15p - 8pm	MC Technique 6:15pm - 7pm	MC Technique NO GI 7:15pm - 8pm	MC Technique 10.30am-11am Open Mat 11am - 12am
MC Spar 8pm - 8:45pm	MC Spar 7pm - 7:45pm		MC Spar 7pm - 7:45pm	MC Spar NO GI 8pm - 8:45pm	

➤ **Official No-GI Attire:** Please wear a rashguard along with GI pants or Fight Shorts. Please wear your belt in no-GI classes.

➤ **Fight Simulation Equipment:** Fight Simulation Class is the most important class for promotion consideration

The Seven Chapters

Sections	1. Mount	2. Side Mount	3. Guard	4. Half Guard	5. Back Mount	6. Leg Locks	7. Standing
	Controls	Controls	Controls	Bottom Strategies	Controls	Straight foot locks	Front Attack Defences
	Escapes	Escapes	Passes	Top Strategies	Submissions	Toe Hold Foot Locks	Rear Attack Defences
	Submissions	Submissions	Submissions		Submission Counters	Knee Locks	Weapon Defences
	Submissions counters	Submission Counters	Submission Counters			Heel Hooks	Clinch & Takedowns
			Sweeps				
			Sport Guards				

Beyond blue belt. Gracie Jiu jitsu consists of hundreds of advanced techniques, all of which have been organized into a clearly defined, systematic curriculum called The Master Cycle is broken down into seven positional chapters each of which is studied for several months before moving onto the next. To optimize your learning in the Master Cycle it is important that you utilize an appropriate blend of technique classes, sparring classes, and online study.

Grow at Your Own Pace Unlike the Gracie Combatives program, which is only designed for students at a single belt level (white), the Master Cycle program is designed to cater to students of four belt levels (blue, purple, brown and black). As a result, you will often be exposed to techniques beyond your belt level. Although these "bonus techniques" should be practiced and explored, and will give you a good idea of what to expect in the future, it is critical that you do not burden yourself with the task of trying to memorize them all. If a move seems easy and applicable for you, take it, but if not, leave it alone and trust that you'll get it next time you cycle through the same chapter. Remember, it's not a sprint, it's a marathon and you're the only one in the race, so be patient and have fun!